

Who are we?

The Bowlby Centre provides a 4 year part time psychotherapy taught course which is accredited by the United Kingdom Council for Psychotherapy. Our influences include classical psychoanalytic thinkers from Freud to Winnicott and challenges to traditional approaches from authors such as Jessica Benjamin, John Bowlby, Ronald Fairbairn and Stephen Mitchell.

We also offer a referral service, short courses on cutting edge clinical issues, and the annual John Bowlby Memorial Conference.

The Bowlby Centre is a Company Limited By Guarantee No. 3272512. Registered Charity No. 1064780/0

short courses

Course Details:

Date:

Saturday, 15th and Sunday, 16th
June and Saturday, 29th and
Sunday, 30th June 2024

Time:

10 am to 4pm

Cost:

£650

Venue:

The Bowlby Centre
1 Highbury Crescent
London N5 1RN

Seminar leader:

Orit Badouk-Epsten

The Bowlby Centre used to be known as The Centre for Attachment-based Psychoanalytic Psychotherapy - CAPP

The Bowlby Centre is governed by a Board of Trustees and managed by an elected Executive.

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The Bowlby Centre
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London
N5 1RN

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Promoting Attachment and Inclusion

Attachment Theory in Clinical Practice

About the course

Seminars will include the following themes

- Introductions – our relationship to attachment theory.
- Attachment theory in context
- Separation, loss and mourning
- Patterns of attachment and their internal representation
- Secure • Avoidant • Preoccupied • Unresolved/disorganised • Not classifiable
- Evaluating adult attachment states of mind
- Internal working models
- Reflective functioning
- Intersubjectivity

Clinical work will consider the role of mourning, narrative, mutuality and recognition, affective attunement and cycles of rupture and repair in the therapeutic process.

The objectives of this course are to introduce Attachment theory and deepen your understanding of it. It's designed to be of practical value with implications for therapy and human relatedness. The course is aimed for Counsellors, Psychotherapists, Psychologists, Psychiatrists and Social Workers.

"I was surprised how this course touched on all areas of my life... for me it has been the missing piece of the jigsaw I have been looking for and brings together many things..."

Participant will be meeting in person and the numbers of places is limited.

Seminar Leader

Orit Badouk Epstein is a UKCP registered Attachment based Psychoanalytic psychotherapist, a training supervisor and a training therapist. She trained at the Bowlby Centre, London where she was the Editor of the journal "Attachment-New Directions in Psychotherapy and Relational Psychoanalysis". She specialises in attachment theory and trauma and regularly lectures, teaches, writes and present papers and book chapters on these topics and consults worldwide on attachment theory. She runs a private practice and works relationally with individuals, couples and parents. Orit has a particular interest in working with individuals who have experienced extreme abuse and trauma and have displayed symptoms of dissociation. She is the co-author of the books "Ritual Abuse and Mind Control: The Manipulation of Attachment Needs" (Badouk Epstein, Wingfield & Schwartz, 2011 Karnac), "Terror within & without" (Yellin, Badouk Epstein, 2013, Karnac), Shame Matters (2021), Routledge and was the co-editor of the ESTD (European Society for Trauma and Dissociation) newsletter for 10 years as well as being a regular contributor of articles and film reviews. In her spare time Orit enjoys the cinema, reading philosophy and writing poetry.

